

... Get in Touch

Write to us or fax us about your events.
We will publicize them on our web page.

Tell us about your:

1. Creative events
2. Whole community events
3. Learning or "issues" events
4. Intergenerational events



*You are never too old to set another
goal or to dream a new dream.*

— Les Brown



Contact:

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Seniors' Week

— IN SASKATCHEWAN —
September 27 to October 3, 2010



Your special events will make this celebration
a success and show how important Seniors are
every day in every community.



Saskatchewan
Ministry of
Health

Vital • Active • Involved

... Getting Going!

Involve as many people as possible.

Work with other groups.

- Schools
- Youth groups
- Service clubs
- Other seniors groups
- Churches
- Museums



Be creative and learn something new.

- Hold a Seniors' Olympics
- Create a community garden
- Have a Tai Chi workshop
- Host a pancake breakfast
- Organize a garden tour
- Set up a paperback exchange

Use everyone's skills and ideas.

Have a:

- Fashion show
- Theme party
- Intergenerational "cook-off"
- Talent show with a box lunch
- Display of the past
- ...and, and...

Get involved in issues.

Have a speaker or a forum on such topics as:

- Prescription costs
- How much exercise is enough?
- Seniors' housing
- Seniors and the law
- Family caregiving



Talk up this special week.

Put your event in the local newspaper, on the radio or on TV. Get on a talk show. Take lots of pictures.

Remember that small can be beautiful.

Your event should not be work and worry. It should be fun and revitalizing.